

FINE FOOD FROM FARAWAY PLACES



about FINE FOOD FROM FARAWAY PLACES . . .

Authentic recipes from many countries of the world have been carefully selected for cooking in Australian kitchens. Among them are the most popular international recipes to appear in our magazine, plus new recipes presented for the first time.

Ellen Sinclair

Ellen Sinclair, Food Editor
Australian Women's Weekly

- U 1** *Scandinavia*
Ribbe (Porkloin)
Surkaal (Sauerkraut)
- U 2** *Scandinavia*
Rabarbra Suppe
(Rhubarb Soup)
Fruit Soup
Creamed Rice
- U 3** *Italy*
Veal and Ham Canneloni
- U 4** *Italy*
Italian Veal
Fillet Steak Italian Style
- U 5** *Greece*
Bean Soup
Sesame Honey Squares
- U 6** *Greece*
Moussaka
- U 7** *Switzerland*
Cheese Fondue
Muesli
- U 8** *China*
Fillet Steak Chinese
Style
- U 9** *China*
Fried Wun Tuns
- U10** *France*
Steak au Poivre
(Pepper Steak)
Potage Crecy
- U11** *France*
Apple Jalousie
Palmiers
- U12** *Lebanon*
Tabbouleh
(Parsley Salad)
Stuffed Vine Leaves

- U13** *Hungary*
Bean Soup
- U14** *India*
Lamb Curry
Puris (Fried Bread)
- U15** *Germany*
Königsberger Klopse
(Poached Meatballs in
Lemon Capers Sauce)
- U16** *Austria*
Sacher Torte
- U17** *Mexico*
Escabeche
Garbanzos (Chick Peas)
- U18** *Indonesia*
Chicken Sate
- U19** *Russia*
Borsch
- U20** *Turkey*
Barbunya Fasulya
(Red Beans)
Sekerpare
- U21** *England and Wales*
Eccles Cakes
Welsh Cakes
- U22** *Canada*
Lumberjack Cake
- U23** *America*
Southern Pecan Pie
Guacamole
- U24** *Scotland and Ireland*
Dundee Cake
Irish Coffee



INTERNATIONAL RECIPES

Many countries have a style of cooking or food speciality that has become famous throughout the world. A careful selection of these has been made for this set.

For most countries more than one recipe is provided; in some cases more, enough for you to plan a whole menu in the cuisine of a particular country. Recipes for other foreign specialities appear in various other sets; the Recipe Index Booklet is a guide to these.

Photography by Garry Isaacs

SCANDINAVIA



RIBBE (PORKLOIN)

2 kg (4 lb.) loin of pork
(in one piece)

1 teaspoon ground ginger

1½ teaspoons salt-
pepper

1 cup hot water

Ask butcher to break rib bones in loin.

Trim off rind and a little of fat from meat. Rub fat on top of loin with ginger, salt and pepper. Put on rack in baking dish, bone side down. Pour hot water into base of pan. Bake in moderate oven approximately 2 hours, or until tender. Serve with pan juices, dessert prunes and sauerkraut (see below).

Serves 4.

SURKAAL (NORWEGIAN SAUERKRAUT)

½ small, firm cabbage

60 g (2 oz.) butter

2 tablespoons flour

1 teaspoon salt

1 to 2 teaspoons caraway seeds

2 tablespoons white vinegar

1½ cups stock or water

2 teaspoons sugar

Finely shred cabbage; melt butter in pan, add shredded cabbage, sifted flour, caraway seeds and salt in alternate layers. Gently pour stock or water round sides of pan. Bring to boil, reduce heat, cover, simmer 1 hour. Stir occasionally, adding more stock, if necessary; add vinegar and sugar, simmer further 15 minutes.

SCANDINAVIA



RABARBRA SUPPE (RHUBARB SOUP)

500 g (1 lb.) rhubarb, 1 litre (4 cups) water, ½ cup sugar, 2 tablespoons strawberry cordial, 2 tablespoons arrowroot, 2 tablespoons water, extra.

Wash and peel rhubarb, cut into 2.5 cm (1 in.) pieces. Bring water to boil, add rhubarb and sugar. Reduce heat, cook 10 to 15 minutes, or until rhubarb is tender; stir in cordial. Blend arrowroot with extra water, add to boiling rhubarb, stir rapidly. Remove immediately from heat. Serve hot or cold as dessert, topped with a little whipped cream. **Serves 4.**

FRUIT SOUP

250 g (8 oz.) dried peaches, 250 g (8 oz.) prunes, 2.5 cm (1 in.) stick cinnamon, 2 lemon slices, 4 tablespoons sago, 1 cup sugar, 2 litres (8 cups) water, 2 tablespoons raisins, 1 tablespoon currants, 1 cooking apple.

Soak the peaches and prunes in water for 30 minutes. Drain fruit, put fruit in pan with the 2 litres water, cinnamon, lemon slices, sago and sugar. Bring to boil, reduce heat, cover, simmer 10 minutes, stirring occasionally.

Stir in raisins and currants and peeled and sliced apple, continue cooking further 5 to 10 minutes, or until apple slices are cooked. Allow to cool, remove cinnamon stick and lemon slices, refrigerate before serving. **Serves 6 to 8.**

CREAMED RICE

2 cups milk, ⅓ cup short-grain rice, 2 tablespoons sugar, ½ teaspoon vanilla, 1 cup cream, bottled black currant syrup.

Bring milk to boil in pan, sprinkle in well-washed rice. Reduce heat, cover, simmer 45 to 50 minutes, or until rice is cooked and milk absorbed. Remove from heat, add sugar and vanilla. When cold, fold in softly whipped cream. Top with black currant syrup. **Serves 4.**

ITALY



VEAL AND HAM CANNELONI

60 g (2 oz.) butter
 1 small onion
 250 g (8 oz.) minced veal
 ½ cup dry white wine
 1 cup water
 1 chicken stock cube
 ¼ cup cream

salt, pepper
 250 g (8 oz.) ham
 ½ cup fresh breadcrumbs
 6 pancakes
 250 g (8 oz.) mozzarella
 cheese

Heat butter in pan, add peeled and finely-chopped onion and veal, mash veal well with fork. Add wine, water and crumbled stock cube, stir until combined. Bring to boil, reduce heat, simmer covered 45 minutes, or until nearly all liquid has evaporated. Season with salt and pepper. Combine in bowl finely-chopped ham, veal, breadcrumbs and cream; mix well. Divide veal filling evenly between pancakes; roll up. Place side by side in greased shallow ovenproof dish. Bake in moderate oven 10 minutes, remove from oven, spoon the prepared tomato sauce down centre, top with thick slices of mozzarella cheese. Return to oven for further 10 minutes.

Serves 6 as an entree or 3 as main course.

TOMATO SAUCE

60 g (2 oz.) butter
 250 g (8 oz.) minced steak
 470 g (15 oz.) can
 whole tomatoes
 ⅓ cup tomato paste

1 cup water
 ½ teaspoon basil
 ½ teaspoon oregano
 salt, pepper
 1 teaspoon sugar

Heat butter in frying pan, add meat, mash well with fork. Stir until meat is well browned. Add mashed undrained tomatoes, tomato paste, water, basil, oregano and sugar, mix well. Season with salt and pepper. Bring to boil, reduce heat, simmer covered 1 hour or until nearly all liquid has evaporated.

ITALY



ITALIAN VEAL

4 veal steaks
 4 slices ham
 1 egg
 2 tablespoons milk
 250 g (8 oz.) mozzarella
 cheese

packaged dry breadcrumbs
 90 g (3 oz.) butter
 1 clove garlic
 2 tablespoons marsala
 2 tablespoons dry white wine
 salt, pepper

Pound out veal steaks thinly with meat mallet or rolling pin. Place a slice of ham on each veal steak, pound ham on to veal with mallet. Coat veal with combined beaten egg and milk, then coat with dry breadcrumbs, pressing on firmly. Cut cheese into thin slices.

Heat butter and crushed garlic in large frying pan, add veal steaks, fry until golden brown, and cooked through. Put on heatproof serving plate; keep warm.

Add marsala and white wine to pan, stir until liquid has evaporated slightly. Season with salt and pepper. Spoon sauce over veal. Top each veal steak with two slices of mozzarella cheese, place under hot griller until cheese has melted.

Serves 4.

FILLET STEAK ITALIAN STYLE

4 pieces fillet steak
 90 g (3 oz.) butter
 1 clove garlic
 ¼ teaspoon rosemary
 2 tablespoons brandy

½ teaspoon prepared
 mustard
 2 tablespoons cream
 1 tablespoon chopped parsley
 salt, pepper

Season steaks with pepper. Heat 30 g (1 oz.) of butter in pan, add steaks, cook quickly on both sides until cooked as desired — rare, medium or well done. Remove steaks from pan, keep warm; drain off butter.

Heat remaining butter in pan, add crushed garlic, rosemary, brandy, mustard, cream and parsley. Simmer gently for 1 minute, season with salt and pepper. Return steaks to pan, turn once to coat with sauce. **Serves 4.**

GREECE



GREEK BEAN SOUP

250 g (8 oz.) haricot beans
 2 medium onions
 2 large carrots
 2 sticks celery

1.5 litres (6 cups) water
 ½ cup tomato paste
 salt, pepper

Wash beans well, combine in saucepan with peeled and chopped onions, peeled and diced carrots, and diced celery. Add water, bring to boil, cover, reduce heat, simmer 1 hour and 45 minutes, adding more water, as necessary. Stir in tomato paste, season with salt and pepper, cook further 2 to 3 minutes.

Serves 4 to 6.

SEASAME HONEY SQUARES

1 cup honey
 250 g (8 oz.) sesame seeds

Put honey into saucepan, bring to boil over low heat, reduce heat, simmer 5 minutes. Stir in sesame seeds, continue stirring over low heat 5 to 6 minutes, or until a small amount on a teaspoon, placed in a glass of iced water, sticks to the spoon and is firm to touch. Spoon mixture into greased 28 cm by 18 cm (11 in. by 7 in.) lamington tin. When cold, mark into squares with sharp knife. Refrigerate 1 hour. Cut into squares, remove from tin, stand at room temperature for 10 minutes before serving.

GREECE



MOUSSAKA

1 kg (2 lb.) lamb leg chops
 1 large eggplant
 salt
 90 g (3 oz.) butter
 1 large onion
 1 clove garlic
 470 g (15 oz.) can whole
 tomatoes

1 cup dry white wine
 salt, pepper
 ½ teaspoon nutmeg
 oil for frying
 185 g (6 oz.) cheddar cheese
 ½ cup packaged dry
 breadcrumbs
 30 g (1 oz.) butter, extra

Cut eggplant into 1 cm (½ in.) slices, sprinkle with salt, allow to stand 20 minutes. Trim fat from chops, mince meat, or cut into small pieces. Or order the meat in advance and ask butcher to do the mincing for you.

Heat butter in large pan, add meat, peeled and finely-chopped onion and crushed garlic. Cook until meat browns. Add undrained tomatoes, white wine, salt, pepper and nutmeg; mash tomatoes with fork or potato masher to reduce to a puree. Bring to boil, reduce heat, simmer gently, uncovered, until meat is tender and nearly all liquid has evaporated.

Drain eggplant; pat dry with absorbent paper. Fry in hot oil until golden brown; drain well. Arrange eggplant in base of greased oblong ovenproof dish. Combine grated cheese and breadcrumbs, sprinkle one-third of mixture over eggplant. Spoon over meat sauce, then top with white sauce. Top with remaining cheese mixture and drizzle over extra melted butter.

Bake in moderately hot oven 20 to 25 minutes, or until golden brown. Cut into squares to serve. A crisp green salad is a good accompaniment. **Serves 6.**

White Sauce: 90 g (3 oz.) butter, ½ cup flour, ½ teaspoon nutmeg, salt, pepper, 2 cups milk, 1 egg.

Melt butter, remove from heat, stir in flour, nutmeg, salt and pepper. Stir over low heat 1 minute. Gradually add milk, continue stirring until sauce boils and thickens, cook further 1 minute. Remove from heat, add lightly-beaten egg, beat well.

SWITZERLAND



CHEESE FONDUE

1 clove garlic
375 g (12 oz.) gruyere
cheese
375 g (12 oz.) cheddar
cheese

1½ cups white burgundy
2 tablespoons cornflour
3 tablespoons kirsch
crusty french bread

Cut bread into cubes.

Rub round inside of fondue dish with cut garlic clove. Add wine, heat to boiling point. Add the grated cheeses gradually, stirring continually, until cheese melts and mixes with wine. Add the kirsch, blended with cornflour. Continue to cook until mixture thickens (about 3 to 4 minutes) stirring all the time in the form of a figure eight.

Some like to add a light sprinkling of nutmeg or paprika, or both, to the fondue; add these with the cheese.

MUESLI

500 g (1 lb.) rolled oats
500 g (1 lb.) wheatgerm
250 g (8 oz.) bran flakes
⅔ cup packaged roasted
buckwheat
¼ cup skim milk powder

125 g (4 oz.) dried apples
125 g (4 oz.) dried apricots
125 g (4 oz.) sultanas
125 g (4 oz.) walnuts
1¼ cups raw sugar

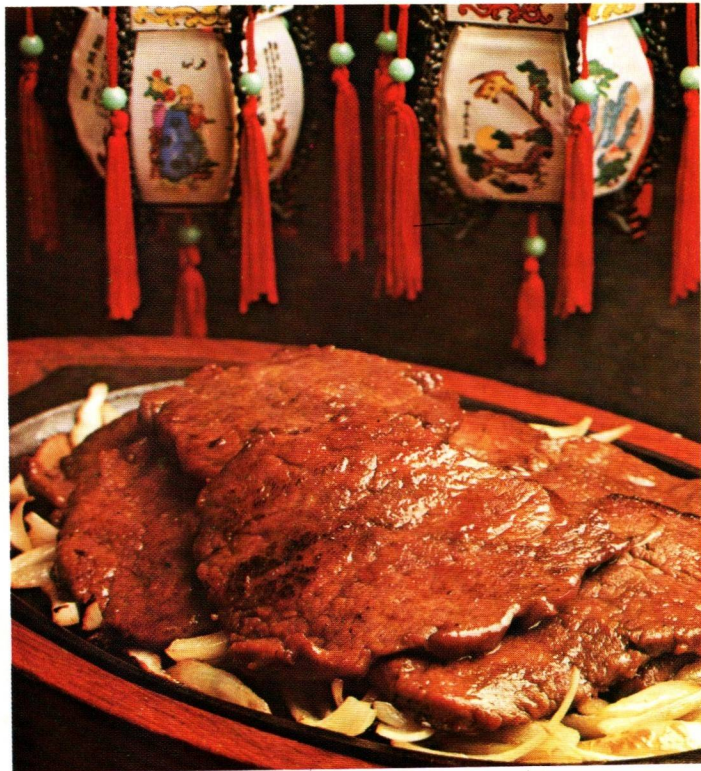
Chop apples, apricots and walnuts, combine all ingredients, mix well. Store in airtight container, or plastic bags, firmly sealed.

If desired the amount of sugar can be decreased to ¾ cup and a little honey spooned over each serving. Allow about ½ cup muesli per serving; spoon into small bowl, add enough milk to mix to thick porridge consistency. If preferred, one tablespoon of basic dry mixture can be sprinkled over sliced or grated fresh fruit.

Makes approximately 2 kg (4 lb.)

Note: Packaged roasted buckwheat is available at health food stores.

CHINA



FILLET STEAK CHINESE STYLE

500 g (1 lb.) fillet steak, in
one piece
½ teaspoon bicarbonate
of soda
1 teaspoon sugar
pinch salt
1 teaspoon cornflour
2 teaspoons soy sauce

1 teaspoon oyster sauce
2 teaspoons brandy or
dry sherry
1 tablespoon oil
2 medium onions
1 tablespoon brandy or
dry sherry, extra

Trim all fat and sinew from meat. Slice meat into 5 mm (¼ in.) slices. Gently flatten with meat mallet or rolling pin. Put meat in bowl, add soda, sugar, salt, cornflour, soy sauce, oyster sauce and brandy or sherry, mix well. Cover, marinate 3 hours.

Heat oil in large pan or wok, add peeled and sliced onions, saute until just golden, transfer to heated serving plate. Add meat slices to pan gradually, spreading them out in pan; when browned on one side, turn to brown other side; don't let slices overlap or meat will not brown well. Cook quickly and only until meat is tender; overcooking will toughen meat. Add extra brandy or sherry, mix in well. Arrange meat over onions.

Serves 2, or 4 as part of Chinese meal.

CHINA



FRIED WUN TUNS

3 lean pork chops

1 chicken breast

30 g (1 oz.) mushrooms

6 shallots or spring onions

salt, pepper

2 tablespoons dry sherry

2 teaspoons soy sauce

½ teaspoon sugar

half 250 g (8 oz.) can

water chestnuts

500 g (1 lb.) wun tun skins

oil for deep-frying

Remove rind and fat from chops; skin and bone chicken breast. Mince pork and chicken or chop finely. Finely chop mushrooms, combine in bowl with chicken and pork, finely-chopped shallots, salt, pepper, sherry, soy sauce, sugar and drained finely-chopped chestnuts. Mix well, refrigerate 2 hours or overnight.

Wrap ½ teaspoon mixture in each wun tun skin; draw four corners into centre; twist at top to secure. Deep-fry in hot oil over low heat, until well browned and filling is cooked. Drain well on absorbent paper. Serve with Sweet and Sour sauce.

Note: Wun tun skins are available at Chinese food stores.

SWEET AND SOUR SAUCE

375 g (12 oz.) can chinese

pickled vegetables

1 cup water

1 tablespoon tomato sauce

2 tablespoons tomato paste

1 teaspoon sugar

2 teaspoons brown vinegar

salt

3 tablespoons cornflour

⅓ cup water, extra

Drain vegetables from can; reserve ½ cup liquid. Finely shred half the vegetables. Put water, tomato sauce, tomato paste, sugar, vinegar and remaining half of vegetables in pan. Stir over medium heat until sauce boils, reduce heat, simmer uncovered 5 minutes. Strain sauce and discard vegetables.

Return sauce to pan, add blended cornflour and extra water.

Stir until sauce boils and thickens, reduce heat, simmer uncovered 2 minutes, stir in shredded vegetables, season with salt.

FRANCE



4 pieces fillet steak
2 tablespoons black
peppercorns
60 g (2 oz.) butter
2 teaspoons oil

$\frac{3}{4}$ cup dry white wine
2 teaspoons brandy or dry
sherry
2 teaspoons butter, extra

Coarsely crush the peppercorns, using rolling pin or mortar and pestle. You may need more peppercorns, depending on size of steaks. Press the crushed pepper into the steak on both sides, or pound in with flat side of cleaver. Allow steaks to stand 1 hour to absorb flavor.

Heat butter and oil in pan, add steaks, cook quickly on both sides to seal in juices. Then continue cooking until required doneness. Remove steaks to hot serving plates. Stir into the pan the wine and brandy. Bring to boil, scraping the pan. Remove from heat, stir in extra butter. Strain over steaks.

Serves 4.

POTAGE CRECY

500 g (1 lb.) carrots
1 medium onion
30 g (1 oz.) butter
salt, pepper
pinch sugar
1 litre (4 cups)
chicken stock

$\frac{1}{4}$ cup rice
2 cups chicken stock,
extra
1 teaspoon butter, extra

Slice carrots thinly, peel and finely chop onion. Melt butter in pan, add vegetables, cover, cook gently 10 to 15 minutes. Season with salt, pepper and sugar. Add the 1 litre chicken stock, and rice, simmer covered 35 to 40 minutes, stirring occasionally. Push vegetables with liquid through fine sieve or blend in blender; add extra chicken stock, reheat, swirl in extra butter.

Serves 4 to 6.

FRANCE



APPLE JALOUSIE

375 g (12 oz.) packaged puff pastry, 1 egg-yolk, 1 tablespoon milk, 470 g (15 oz.) can pie apple, ½ cup sultanas, ½ teaspoon cinnamon, ¼ teaspoon nutmeg, ½ cup brown sugar.

Cut pastry in half. Roll each piece on lightly-floured surface to rectangle approximately 30 cm x 12 cm (12 in. by 5 in.), rolling one just slightly larger than the other. Combine mashed apple with sugar, sultanas, cinnamon and nutmeg. Place prepared filling down the centre of smaller piece of pastry, leaving 2.5 cm (1 in.) margin all around.

Fold remaining piece of pastry into half down its length. Using sharp knife, make cut through fold of pastry, 1 cm (½ in.) apart and to within 2.5 cm (1 in.) of edges. Leave piece 2.5 cm (1 in.) wide at each end. Open out pastry, place on top of apple-covered piece. Press edges together to seal, trim.

Put on to ungreased oven tray, brush completely with combined beaten egg-yolk and milk. Bake in hot oven 20 minutes or until golden brown. Brush with glaze while warm, allow to cool. Sprinkle with sifted icing sugar, cut into slices to serve.

Glaze: Combine 1 tablespoon sugar, 1 teaspoon gelatine and 1 tablespoon hot water, stir until dissolved.

PALMIERS

375 g (12 oz.) packaged puff pastry, castor sugar.

On board lightly-dusted with castor sugar, roll out pastry into oblong approximately 20 cm x 35 cm (8 in. x 14 in.). Sprinkle with castor sugar; trim edges. Fold long sides so they meet in centre, then bring folds over so there are four layers of pastry. With sharp knife, cut into 1 cm (½ in.) pieces. Brush cut side of each with water, sprinkle with castor sugar. Put on ungreased oven trays, cut side down; allow room for spreading. Spread each open at folded ends to make a small v. Refrigerate 10 minutes. Bake in hot oven 15 minutes; halfway through cooking time turn them to allow second side to crisp and brown. Remove from oven trays, allow to cool. Biscuits can be served plain, dusted with sifted icing sugar, or joined together with whipped cream and iced with pink glaze icing or passionfruit icing.

LEBANON



TABBOULEH (PARSLEY SALAD)

125 g (4 oz.) cracked
wheat (burghul)
boiling water
1 cup finely-chopped
parsley
4 shallots
250 g (8 oz.) tomatoes

$\frac{1}{3}$ cup finely-chopped mint
1 onion
 $\frac{1}{3}$ cup lemon juice
 $\frac{1}{3}$ cup oil
pinch chilli powder
salt

Put cracked wheat in bowl, cover with boiling water, stand 15 minutes. Drain off water, rinse well under cold running water. Dry well on absorbent paper. Put wheat in bowl, combine with parsley, finely-chopped shallots, peeled, chopped tomatoes, mint, peeled and finely-chopped onion, lemon juice, oil, chilli; season with salt. Refrigerate before serving. This salad has even better flavor if made the day before it is served.

Note: Cracked wheat is obtainable at health food stores.

STUFFED VINE LEAVES

250 g (8 oz.) grape leaves, 1 cup rice, 500 g (1 lb.) minced steak, 30 g (1 oz.) softened butter, salt, pepper, 1 cup water, $\frac{1}{3}$ cup lemon juice.

Plunge leaves separately into boiling water, drain, spread leaves out flat. Rinse rice in hot water, drain. Combine minced steak, rice and softened butter, season well with salt and pepper. Place 1 teaspoon mixture on each leaf, roll up into small cylinder shape tucking in sides to hold filling firmly.

Put leaves in small saucepan, arranging layers neatly and firmly on top of each other. Add water and lemon juice, cover, bring to boil, reduce heat, cook gently 40 to 60 minutes, or until filling is cooked and leaves are tender.

Serve with lemon wedges.

Note: Grape leaves are obtainable in packets from large food stores, or loose, from Continental delicatessens.

HUNGARY



The Australian Women's Weekly Recipe Card Library

HUNGARIAN BEAN SOUP

500 g (1 lb.) beans (haricot
or black-eyed beans are
generally used)

250 g (8 oz.) bacon bones

3 litres (12 cups) water

60 g (2 oz.) lard

500 g (1 lb.) chuck steak

2 onions

1 clove garlic

2 carrots

1 parsnip

1 stick celery

2 potatoes

125 g (4 oz.) bacon pieces

250 g (8 oz.) smoked

sausage (such as

debrecziner)

3 tablespoons flour

1 tablespoon paprika

salt, pepper

2 tablespoons chopped

parsley

Combine beans, bacon bones and water in large saucepan. Bring to boil, reduce heat, simmer, uncovered, 30 minutes. Trim excess fat from steak, cut into 2.5 cm (1 in.) pieces. Melt lard in pan, add steak, cook until lightly browned. Remove from pan, add to bean mixture. Add peeled, chopped onions and finely-chopped garlic to remaining lard in pan, saute until onion is transparent. Add drained onion mixture to beans; reserve lard.

Slice carrots, chop parsnip and celery. Peel and dice potatoes. Add vegetables, trimmed bacon pieces and chopped sausage to bean mixture. Season with salt and pepper. Bring to boil, reduce heat, simmer, covered, 1½ hours.

Add flour to reserved lard (it may be necessary to add an extra 15 g [½ oz.] more lard to pan). Stir until smooth. Stir constantly over heat until mixture is light golden brown. Add paprika, cook 1 minute. Add flour mixture to soup, stir constantly until soup boils and thickens. Remove bacon bones.

Sprinkle with parsley just before serving. Serve with crusty bread. Hungarians serve the soup with a bowl of sour cream and a bowl of finely-chopped or thinly-sliced onions for spooning on top of the soup. Thin slices of black bread are another traditional accompaniment.

Serves 8.

INDIA



LAMB CURRY

2 kg (4 lb.) boned leg lamb
 30 g (1 oz.) butter
 1 tablespoon oil
 60 g (2 oz.) butter, extra
 3 medium onions
 2 tablespoons curry powder
 pinch ground ginger

1 cup water
 2 beef stock cubes
 1 tablespoon fruit chutney
 1 tablespoon apricot jam
 2 tablespoons white vinegar
 1 teaspoon sugar
 pinch salt

Remove all fat from meat, remove sinews, cut into 2.5 cm (1 in.) cubes.

Heat butter and oil in large pan, add meat, brown well on all sides; remove from pan. Add extra butter to pan, gently saute peeled and chopped onions until golden brown. Add curry and ginger to onions, stir continually over low heat 10 minutes to cook curry powder. Add water and crumbled stock cubes, simmer further 5 minutes. Stir in chutney, jam, vinegar and sugar, season with salt; simmer gently 10 minutes. Add drained meat to curry sauce, cover, simmer 1 hour or until meat is tender. **Serves 4.**

PURIS (INDIAN FRIED BREAD)

1 cup wholemeal plain flour, 30 g (1 oz.) butter, salt, pepper, approx. 4 tablespoons water, oil for deep-frying.

Sift flour into bowl, rub in butter until mixture resembles fine breadcrumbs. Season with salt and pepper. Make a well in centre of dry ingredients, add enough of the water to mix to a soft, pliable dough. Turn on to lightly-floured surface, knead 10 minutes. Cover dough, stand 1 hour. Roll out dough until wafer-thin; cut into rounds, using 8 cm (3 in.) round cutter. (If not to be used at once, cover lightly with damp cloth).

Drop puris one at a time into deep hot oil, hold down in centre with wide spatula. Press lightly to distribute the air which causes characteristic balloon shape. Turn once; when crisp, remove from pan, drain on absorbent paper.

GERMANY



KONIGSBERGER KLOPSE (POACHED MEATBALLS IN LEMON CAPER SAUCE)

250 g (8 oz.) minced beef
 250 g (8 oz.) minced veal
 250 g (8 oz.) minced pork
 2 slices bread
 1 cup water
 30 g (1 oz.) butter
 1 small onion
 3 anchovy fillets

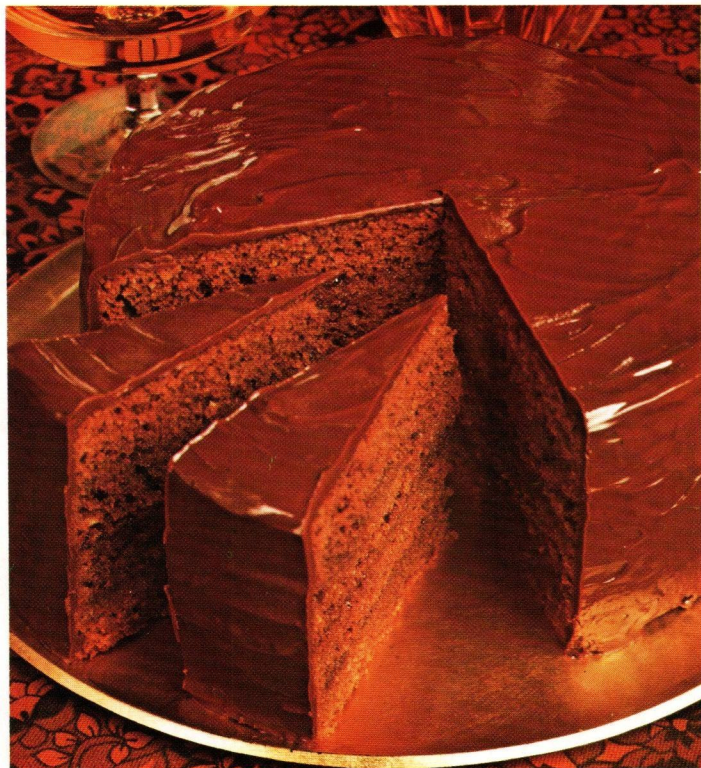
2 eggs
 2 tablespoons chopped
 parsley
 ½ teaspoon grated lemon
 rind
 salt, pepper
 4 cups beef stock

Combine minced beef, veal and pork in bowl. Cover bread with water, allow to stand 5 minutes, drain off all water, squeeze bread with hands to remove as much water as possible, add to meat in bowl. Melt butter in pan, gently saute peeled and finely-chopped onion until onion is transparent, add to meat mixture. Drain anchovy fillets on absorbent paper, chop finely, add to meat mixture with lightly beaten eggs, parsley, lemon rind, salt and pepper. Using hands, mix meat mixture well until all ingredients are evenly combined. Moisten hands with water, shape meat into 12 balls of even size.

Put beef stock into large pan, bring to boil, add meat balls, reduce heat, simmer uncovered 15 to 20 minutes, or until meat balls rise to surface. Remove meat balls from stock, strain stock through fine sieve, reserve 2½ cups stock. **Serves 4.**

Lemon Caper Sauce: 60 g (2 oz.) butter, 3 tablespoons flour, 2½ cups reserved stock, 2 tablespoons lemon juice, 1 teaspoon capers, 2 tablespoons sour cream, 2 egg-yolks.

Melt butter in pan, add flour, cook, stirring, 1 minute. Add beef stock, stir until sauce boils and thickens. Stir in lemon juice and capers, reduce heat, simmer gently uncovered 15 minutes, stirring occasionally. Combine sour cream and egg-yolks, stir into sauce. Return cooked meat balls to sauce, reheat gently. Serve meatballs with sauce poured over.

AUSTRIA**SACHER TORTE****250 g (8 oz.) dark chocolate****250 g (8 oz.) butter****6 eggs, separated****1 cup castor sugar****125 g (4 oz.) ground almonds****1 cup self-raising flour****rum****red currant jelly**

Chop chocolate roughly, combine with butter in top of double saucepan; stir over hot water until melted, cool to lukewarm.

Beat egg-yolks and sugar until thick and creamy; add ground almonds and sifted flour, mix well, then stir in cooled chocolate mixture. Beat egg-whites until soft peaks form, fold in gently, but thoroughly.

Spoon into two greased 20 cm (8 in.) sandwich tins, bake in moderate oven 25 to 30 minutes. Turn on to wire rack to cool. When cold, carefully split each layer in two. Put top layer aside.

Assemble remaining layers, brushing each with rum, then with a thin layer of red currant jelly; place top layer in position. Spread icing evenly over top and sides of cake.

ICING

Combine 185 g (6 oz.) roughly chopped chocolate with 60 g (2 oz.) butter in top of double saucepan, stir over hot water until melted.

MEXICO



ESCABECHE

500 g (1 lb.) fish fillets, flour, salt, pepper, 1 egg, $\frac{1}{4}$ cup milk, oil for deep-frying, 2 medium onions, pinch mustard, $\frac{1}{2}$ cup white vinegar, $\frac{1}{4}$ cup oil, $\frac{1}{4}$ cup dry white wine, 2 teaspoons capers, 30 g (1 oz.) olives, $\frac{1}{2}$ red pepper.

Coat fish in flour seasoned with salt and pepper, then in egg beaten with milk, then again in seasoned flour, coat well. Deep-fry in hot oil until golden brown and cooked through. Drain fish well on absorbent paper.

Peel onions, slice into rings, deep-fry in hot oil, drain well, cool. Combine mustard and vinegar, add oil, wine, cooled drained onions, capers and olives. Slice pepper thinly, drop into small saucepan of boiling water, cook 2 minutes, drain; cool. Add peppers to sauce. Arrange fish on platter, spoon over the sauce.

Serves 4.

GARBANZOS (CHICK PEAS)

500 g (1 lb.) chick peas, 1 tablespoon oil, 500 g (1 lb.) onions, 2 cloves garlic, 500 g (1 lb.) tomatoes, salt, pepper, 1½ litres (6 cups) boiling water, 1 carrot, 1 onion, extra, $\frac{1}{2}$ cucumber, $\frac{1}{2}$ red pepper, $\frac{1}{2}$ green pepper, 1 teaspoon sugar, few peppercorns, $\frac{1}{2}$ small pineapple, 1 cup white vinegar.

Cover chick peas with cold water, allow to soak overnight. Heat oil in large pan, gently saute peeled and finely-chopped onions and crushed garlic until onions are transparent. Add skinned, roughly chopped tomatoes, cook for 2 minutes. Drain chick peas, add to pan, season with salt and pepper, cover with 1½ litres (6 cups) boiling water, bring to boil, reduce heat, cover, simmer gently 2½ to 3 hours, or until peas are tender and nearly all liquid has been absorbed. Peel and thinly slice carrot, extra onion, cucumber, red and green pepper, combine with sugar, peppercorns and vinegar in saucepan, bring to boil, reduce heat, simmer gently for 5 minutes. Stir in peeled and diced pineapple, mix well.

Stir vegetable mixture into chick pea mixture, mix well.

INDONESIA



CHICKEN SATE

4 chicken breasts

1 small onion

1 clove garlic

2 teaspoons coriander

1 teaspoon ground caraway

2 teaspoons turmeric

1 teaspoon grated green
ginger

2 tablespoons lemon juice

2 tablespoons brown sugar

1 cup dessicated coconut

1 cup hot water

Remove skin and bones from chicken meat, cut meat into 2.5 cm (1 in.) cubes. Combine chicken meat in bowl with peeled and finely-grated onion, crushed garlic, coriander, caraway, turmeric, green ginger, lemon juice, brown sugar. Pour hot water over coconut, allow to stand 15 minutes. Strain through fine sieve, then use hands to press excess water from coconut; discard coconut, reserve coconut liquid. Add coconut liquid to chicken mixture, mix well, allow to stand 2 hours, or overnight in refrigerator.

Drain chicken from marinade, reserve marinade for Sate Sauce. Thread chicken pieces on to skewers, allowing about 6 pieces to each skewer; grill, turning occasionally, until chicken is cooked and tender. Serve with Sate Sauce.

SATE SAUCE

250 g (8 oz.) unsalted

peanuts

1 onion

1 clove garlic

1½ teaspoons chilli powder

2 teaspoons brown sugar

1 tablespoon soy sauce

2 tablespoons lemon juice

⅓ cup peanut butter

2 cups water

Combine peanuts, roughly chopped onion, crushed garlic, chilli powder, sugar, soy sauce, lemon juice, peanut butter and water, blend on high speed of electric blender for 1 minute. Pour peanut mixture into saucepan, bring to boil over low heat, stirring occasionally until sauce boils and thickens slightly. Continue cooking over low heat 10 minutes. Add reserved liquid from marinade, allow to reheat, serve with chicken sate.

Note: If no blender is available, grate onion, crush garlic, chop peanuts very finely; proceed as above.

RUSSIA



BORSCH

2 litres (8 cups) chicken
stock
1 medium carrot
1 green pepper
2 beetroot
1 medium onion
4 medium potatoes
2 chicken stock cubes

½ medium cabbage
2 tablespoons tomato paste
2 tablespoons chopped
parsley
½ teaspoon dill
2 cloves garlic
salt, pepper
sour cream

Bring chicken stock to boil, add peeled and grated carrot, diced pepper, grated beetroot and peeled and finely chopped onion. Bring to boil again, reduce heat, simmer 5 minutes. Add peeled and diced potatoes and crumbled stock cubes, cook further 10 to 15 minutes, or until potatoes are tender. Shred cabbage finely, add to soup with tomato paste, parsley, dill and crushed garlic, season with salt and pepper. Continue cooking further 10 to 15 minutes.

Serve soup in individual bowls, topped with sour cream.

Serves 6.

TURKEY



BARBUNYA FASULYA (RED BEANS)

500 g (1 lb.) red kidney
beans
water
1 cup oil
2 onions
2 tomatoes

1 teaspoon paprika
1 carrot
1½ litres (6 cups) water
4 cloves garlic
salt, pepper

Put beans in basin, cover with boiling water, allow to stand overnight, drain.

Add beans to large saucepan of boiling water; boil uncovered, 45 minutes, drain.

Heat oil in large pan, add finely-chopped onions, cook until golden brown. Add peeled, chopped tomatoes, paprika and sliced carrot. Add beans, the 6 cups of water, crushed garlic, salt and pepper. Cover, simmer 45 minutes or until beans are tender; add a little more water, if necessary, during cooking. **Serves 4.**

SEKERPARE

125 g (4 oz.) butter
½ cup icing sugar
1 egg

2½ cups self-raising flour
blanched almonds

Melt butter, allow to cool. Sift icing sugar, add egg and beat well. Gradually beat in melted butter, then beat 5 minutes. Gradually fold in sifted flour. Roll teaspoonfuls of mixture into balls, flatten and shape into ovals. Put on greased oven trays, top each biscuit with an almond. Bake in moderate oven 12 to 15 minutes, or until just pale golden colour. Remove biscuits from oven trays and while still hot, pour cold syrup over. Let stand at least 1 hour for biscuits to absorb syrup.

Lemon Syrup: 2 cups sugar, ¾ cups water, 1 tablespoon lemon juice.

Combine sugar, water and lemon juice. Stir over low heat until sugar has dissolved; bring to boil. Boil rapidly until mixture forms a thin syrup, approximately 15 minutes. Remove from heat; cool.

ENGLAND & WALES



ECCLES CAKES

30 g (1 oz.) butter

 $\frac{2}{3}$ cup currants $\frac{1}{4}$ cup chopped mixed peel

pinch nutmeg

pinch mixed spice

2 tablespoons brown sugar

1 teaspoon grated lemon rind

375 g (12 oz.) packaged

puff pastry

1 egg white

extra sugar

Combine butter, currants, mixed peel, nutmeg, mixed spice, brown sugar and lemon rind in small saucepan. Stir over low heat until butter has melted and sugar dissolved. Allow fruit mixture to cool. Roll pastry out thinly on lightly-floured surface, cut into rounds with plain 10 cm (4 in.) cutter. Put a teaspoonful of filling on each round of pastry, moisten edges, turn edges over on four sides to enclose filling. When joined together, turn over, press each one gently with rolling pin, until the currants just begin to show. Make 3 small slits in the top of each cake with sharp knife.

Put on ungreased oven trays, brush with lightly-beaten egg-white and sprinkle with sugar. Bake in hot oven 15 to 20 minutes, or until golden in colour.

Makes about 12.

WELSH CAKES

2 cups self-raising flour

60 g (2 oz.) butter

60 g (2 oz.) lard

 $\frac{1}{3}$ cup sugar $\frac{1}{3}$ cup currants $\frac{1}{4}$ teaspoon mixed spice

salt

1 egg

2 tablespoons milk

Sift flour into bowl. Rub in butter and lard until mixture resembles fine breadcrumbs. Add sugar, currants, mixed spice and salt. Lightly beat egg with milk, mix into dry ingredients to form a firm dough. Turn on to lightly-floured surface, roll out to 3 mm ($\frac{1}{8}$ in.) thick. Cut into rounds with plain 5 cm (2 in.) cutter. Lightly grease pan, gently fry until golden brown on both sides and cooked through.

Serve hot or cold, buttered.

Makes about 24.

CANADA



CANADIAN LUMBERJACK CAKE

1 cup peeled, chopped
apple (approx. 2 apples)
185 g (6 oz.) dates
1 teaspoon bicarbonate of
soda
1 cup boiling water
125 g (4 oz.) butter
1 cup sugar
1 egg

1 teaspoon vanilla
1½ cups plain flour
½ teaspoon salt
60 g (2 oz.) butter, extra
½ cup brown sugar,
firmly packed
⅓ cup milk
60 g (2 oz.) shredded
coconut

Combine apple, chopped dates, bicarbonate of soda and boiling water, allow to cool until lukewarm. Cream butter and sugar until light and fluffy, add egg and vanilla, beat well. Sift flour and salt, beat into creamed mixture alternately with cooled fruit mixture. Pour mixture into greased and greased-paper-lined deep 20 cm (8 in.) square cake tin. Bake in moderate oven 1 hour 10

minutes, or until cooked when tested.

Combine extra butter, brown sugar, milk and coconut in small saucepan, stir over low heat until butter and sugar have melted. Spread this mixture over cooked hot cake, bake further 20 minutes, or until topping is golden brown.

AMERICA

SOUTHERN PECAN PIE
PASTRY

1 cup plain flour

90 g (3 oz.) butter

 $\frac{1}{2}$ teaspoon salt

2 tablespoons iced water

Sift flour and salt, cut in butter coarsely; sprinkle with water. Gather dough into ball. Refrigerate 10 minutes. Roll out to 23 cm (9 in.) circle. Line 20 cm (8 in.) pie plate with dough, trim, but leave 1 cm ($\frac{1}{2}$ in.) overhang; fold overhanging pastry back and under, flute edges.

FILLING

3 eggs

1 cup golden syrup (or dark corn syrup)

 $\frac{2}{3}$ cup sugar

125 g (4 oz.) pecan halves

pinch salt

75 g (2½ oz.) butter

Beat together eggs, sugar, salt, golden syrup and cooled melted butter; add pecans. Pour into pastry shell. Bake in moderately hot oven 15 minutes, reduce heat to moderate, cook further 30 to 35 minutes, or until set and nicely browned. Serve cool or slightly warm, topped with icecream.

GUACAMOLE

1 large ripe avocado, 1 clove garlic, $\frac{1}{4}$ teaspoon chilli powder, 1 teaspoon lemon juice, 2 teaspoons grated onion, salt.

Sprinkle a bowl with a little salt and rub with half the cut clove of garlic.

Remove stone from avocado, spoon the green flesh into bowl. Mash well, add salt, chilli powder, and lemon juice. Stir in onion and finely-chopped remaining half of garlic clove. If desired, sliced olives, or crisp, crumbled bacon can be added. Mix well.

If preparing in advance, cover with a thin layer of mayonnaise or sour cream to prevent darkening. Just before serving, stir well. Serve on crisp lettuce as a salad, or serve as an appetiser with corn chips. (These are available at specialty food shops. If unable to obtain them, use potato crisps.)

Note: For a first course for 6 people double the above quantities.

SCOTLAND & IRELAND



DUNDEE CAKE

250 g (8 oz.) currants

250 g (8 oz.) sultanas

250 g (8 oz.) raisins

60 g (2 oz.) mixed peel

60 g (2 oz.) glacé cherries

1/3 cup milk

1/2 teaspoon mixed spice

Chop peel, cherries and raisins, sift dry ingredients. Put softened butter in large bowl, add all remaining ingredients, with the exception of the almonds; beat together until smooth and thoroughly mixed (this is best done with an electric mixer).

Place mixture in deep 20 cm (8 in.) round cake tin that has been lined with 2 layers of greaseproof paper. Decorate top with almonds and, if desired, glacé cherries.

Bake in slow oven 2 1/2 to 3 hours.

When cake is cooked, cover with a clean teatowel and leave to cool in tin.

5 eggs

2 cups plain flour

1/2 cup self-raising flour

185 g (6 oz.) butter

3/4 cup castor sugar

30 g (1 oz.) blanched almonds

IRISH COFFEE

sugar

1 tablespoon (or more)

Irish whiskey

hot black coffee

cream

Put sugar into glass; this can be one or two teaspoons, depending on how sweet you like your coffee; or the sugar can be omitted. Pour in enough of the hot coffee to dissolve the sugar; stir well. Add the whiskey and fill the glass to within an inch of the brim with more hot black coffee.

Float the cream on top. If the cream is thick, it will not need whipping; but if thin, just whip it gently until slightly thickened. You sip the hot whiskey-coffee through the cold cream.

Note: The Irish toast, when drinking, is "Health and long life to you." The full toast is:

"Health and long life to you, Land without rent to you, The woman of your choice to you, A child every year to you, A long life, and may your bones rest in Ireland."